



## Manly Soap

*Recipe makes approximately 4.5 pounds of soap.*

### Here's What You Need: Ingredients

#### Lye

APRICOT KERNEL Oil- 16 oz.

GRAPSEED Oil- 16 oz.

SHEA BUTTER

COCONUT Oil-76

CASTOR Oil- 16 oz.

SODIUM LACTATE - 16 oz.

Game On Fragrance Oil

FUN Soap Colorant- Ultramarine Blue 1 oz.

Titanium Dioxide Oil Dispersible

Square Loaf- Mold Market Molds

Safety Glasses for Soap Making

Safety GLOVES for Soap Making- 1 pair

Safety MASK for Soap Making- 2 count

#### Other Ingredients & Equipment You'll Need:

Water

Crock pot

Silicone Mixing Spoon

2 mixing bowls

Stick Blender

Scale

Ruler



## Here's How It's Done : Directions

### Total Recipe Weights for CP Steps

24 grams Lye  
65 grams Water  
33 grams Apricot Kernel Oil  
21 grams Grapeseed Oil  
60 grams Shea Butter  
50 grams Coconut Oil 76  
9 grams Castor Oil  
6 grams Sodium Lactate  
11 grams Game On Fragrance Oil  
2 grams Titanium Dioxide

### Total Recipe Weights for HP Steps

153 grams Lye  
420 grams Water  
210 grams Apricot Kernel Oil  
133 grams Grapeseed Oil  
387 grams Shea Butter  
321 grams Coconut Oil 76  
55 grams Castor Oil  
35 grams Sodium Lactate  
69 grams Game On Fragrance Oil  
15 grams Ultramarine Blue Fun Soap Colorant

Please review the [Soap Making Safety](#) class if you are new to soaping.

Day 1: CP Steps: Put on your safety gear, and prep your area. Then, make your lye solution. Also, melt and combine your Apricot Kernel Oil, Grapeseed Oil, Shea Butter, Coconut Oil 76, and Castor Oil.

To the cooled lye solution, add the sodium lactate and stir. Then, remove 8 grams of the melted soaping ingredients, and place it into a mixing bowl. Add your titanium dioxide to this and stir in to make a paste. Set aside.

When the lye solution and soaping ingredients are ready, combine them. Stick blend to emulsify.

Now, add the fragrance oil and stick blend. Then, add the titanium dioxide paste and stick blend to make the whole batter white.

Once you are at trace, pour the white soap batter into the 4 pound mold. Insulate.

Day 2: Unmolding and HP Steps: Carefully remove the white soap from the mold and lay it down flat and horizontally in front of you. Then, using a ruler, measure out 2 inches in height. Mark this spot. Now, using a knife, cut the soap so that you have one long bar that will stand 2 inches high. Set aside.



## Here's How It's Done : Directions

Next, set your crock pot to a low heat setting. Then, place all of your oils and butter into the crockpot. Heat these ingredients until melted .

While the soaping ingredients are melting, make your lye solution. Then, add the sodium lactate. Stir in to incorporate.

Once all of the soaping ingredients are in a liquid state, slowly pour the lye mixture into the crock pot.

Next, in short bursts , stick blend directly in the crock pot. Once you have the batter at light trace, add the ultramarine blue soap colorant. Then, stick blend to incorporate throughout the whole batter.

You will notice as the mixture is blended, it will resemble pudding. Keep blending until you reach this state.

Then, place your lid onto the crock pot.

Allow the soap mixture to cook, and periodically stir it. You do not want to burn the soap. While the soap cooks, you will notice that the batter will appear as if it is drying out and looks waxy. This will occur especially along the sides of the crock pot. Keep periodically stirring the soap.

This soap should cook for about 2 hours. After this time has passed, you will notice your soap batter will have the consistency of mashed potatoes.

Now, moving quickly, add the Game On Fragrance Oil. Then, stir well to incorporate.

Once the soap has been blended, place about an inch worth of the soap into your loaf. Tap the mold to remove any air bubbles.

Next, vertically place the white soap into the loaf mold. Gently wedge the soap into the hot process soap. You will want to keep the white soap centered, this will be the number 1 on the jersey.



## Here's How It's Done : Directions

Carefully fill the rest of the mold with more hot processed soap. Remember to tap the soap mold occasionally to remove any trapped air, and keep the white soap centered .

Once the mold opening is completely filled, heap the top lip portion as well.

Now, using your ladle, carefully run it down the center of the mold and remove the excess soap. This will give your jersey the neck line. Place any excess soap on the sides. When unmolded, this look will resemble the sleeves of a jersey.

Insulate for 12 hours.

Now, remove the soap from the mold. Cut the soap into bar sized slices. Allow the soap to cure further before use.

We hope that you enjoy our Manly Soap Recipe!

Natures Garden is not responsible for the performance of any of the recipes provided on our website. Testing is your responsibility. If you plan to resell any recipes we provide, it is your responsibility to adhere to all FDA regulations. If there are ingredients listed in a recipe that Natures Garden does not sell, we cannot offer any advice on where to purchase those ingredients.